

HALIFAX metro®



Union: Hire more firefighters, don't close stations

The fire service is proposing closing the stations on Lady Hammond Road, King Street and Patton Road

PAGE 4

Team Canada names captain, boasts whiz-kid with character

Home team — which includes former Mooseheads goalie Zach Fucale — hands Ottawa Senators rookie Curtis Lazar the 'C' and talks up phenom Connor McDavid ahead of World Juniors

PAGES 24 & 26

Expressway in the cards

Burnside. Long-awaited third route could become reality this year

Quoted

"It's badly needed in the metro area."

Bruce Fitzner about the Burnside Expressway



RUTH DAVENPORT
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It seems 2015 could be the year construction finally actually begins on the Burnside Connector, according to one of the province's chief engineers.

"Every year we've been hoping to for a couple of years now," said Bruce Fitzner of the Department of Transportation.

Fitzner said if negotiations with the federal government over land and funding unroll smoothly, the long-awaited Highway 107 extension could get off the ground this summer.

The project is included on the 2015-16 Highway Plan released by the province Monday.

It's been included on similar plans since 2013, held up by negotiations over land acquisitions and other bureaucratic manoeuvrings.

One element that will get underway this summer is the construction of a roundabout at Burnside Drive and Akerley Boulevard, something the province agreed to as part of a land deal with HRM.

Coun. Darren Fisher, whose district includes the Burnside Park, called that "exciting," and said he's keen to see the rest of the project move into Phase One. "We're getting very residential along that highway," he said. "If ... we're going to let people live there, we need to move cars through there faster. We need that alternative entrance."

The Liberal government has identified the Burnside Expressway as one of its top priorities, and Fitzner said he's optimistic it won't be delayed another year.



METRO'S BEST (OF 2014)

Jacob Hoggard of Hedley jumps in the air while performing for an adoring crowd during the band's stop in Halifax at the Scotiabank Centre last March. Go inside to pages 6 and 7 to catch some more of our favourite Halifax photos of the year, and check online at metronews.ca/halifax for more. JEFF HARPER/METRO



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News release

Dalhousie dentistry clinics closing until Jan. 12 over Facebook scandal

Dalhousie University's Faculty of Dentistry has closed its public dental clinics for the next three weeks.

On Monday, the university stated the clinics will be closed until Jan. 12 and affected patients will be contacted to reschedule appointments.

According to a release, the closing of the clinics is one of many steps being taken so patients, students, faculty and staff can return to classes and the clinics in a "safe and supportive environment."

The move comes less than a week after university president Richard Florizone said they were proceeding with a restorative justice process to resolve complaints about sexually violent comments made about women and specific female classmates by 13, fourth-year male dentistry students in a Facebook group.

The activity of a few students in the program is "not representative or reflective of the values of the Faculty of Dentistry," the release said.

"Comments expressed on Facebook are deeply offensive, degrading to women and completely unacceptable. Our community has been rocked by these postings," the release said.

The Faculty of Dentistry and School of Dental Hygiene says they are now working on a plan for classes and dental clinics for the remainder of the term. **HALEY RYAN/METRO**



Russ Daye speaks to reporters on Monday about fires at St. Andrew's United Church in Halifax earlier this year that caused more than \$700,000 in damage. **JEFF HARPER/METRO**

'Sense of injustice': Still no leads in church arson

Church blaze.

St. Andrew's United lead minister joins police in asking public to help solve the case



HALEY RYAN
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More than five months after a serious fire caused heavy damage to a Halifax church and its hall, the lead minister is asking for anyone with information to come forward to end a "sense of injustice" around the case.

Russ Daye took reporters through St. Andrew's United Church on Monday to view the reconstruction process to the main sanctuary and church hall, which he estimated to

Quoted

"We know there'll be more alarms, we know there'll be more motion sensors."

Russ Daye, lead minister, about increased security at St. Andrew's

total \$700,000 so far but will keep going up.

No charges have been laid yet and Halifax Regional Police are also asking for the public's help.

"It's disconcerting. There's still some anxiety," Daye said. "It hurt so many people simultaneously. There's a sense of injustice that lingers around that."

In May, a fire caused \$10,000 in damages just outside the main administration office in the hall, Daye said. That was followed by the July 10 blaze in which three fires were lit on a grand piano in the

church, the relocated administration office in the lower part of the hall where all their records burned up, and the Little Ladybug's Childcare Centre in the same corridor.

Daye said a big issue was smoke damage and soot throughout the church, where they used 40-foot scaffolding to clean the ceiling and walls. They also brought in experts to restore the stained glass windows. The piano had to be replaced with a new one worth "tens of thousands" of dollars.

Insurance has covered the majority of the costs, Daye said.

Although the congregation had to worship at the First Baptist Church until late November, Daye said the "hardest part to absorb" was how roughly 250 homeless or low-income residents missed out on free Sunday night meals for weeks as the hall was reconstructed.

Police spokesman Const. Pierre Bourdages said the fires are connected, and a woman was spotted leaving the church July 10 just before emergency responders arrived.

"These two fires have impacted this congregation and this sanctuary in an enormous way," Bourdages said.

A woman formerly employed by the church was arrested in mid-July and faces fraud charges after more than \$400,000 went missing, but Bourdages said they have found no "link" between that and the arson incidents.

1 NEWS

All I Want for Christmas

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Court. Video decision due for suspended paramedic

A suspended Nova Scotia paramedic accused of sexually assaulting a senior citizen will find out Tuesday whether comments he made to police officers during a videotaped statement will be permissible at trial.

James Duncan Keats, a 49-year-old from Kentville, stands accused of two counts of sexual assault and two counts of breach of trust based on allegations put forth by a 72-year-old Mount Uniacke woman.

The woman alleges Keats sexually assaulted her twice — once in her home, and once in the back of an ambulance.

A voir dire hearing began on Oct. 3 to allow the judge the chance to determine whether comments made by Keats to East Hants RCMP officers after his arrest would be allowed during trial.

Two videotaped statements from May 2013, following his arrest, were presented during the voir dire hearing.



James Duncan Keats HANTS JOURNAL

Keats denied any wrongdoing in the first interrogation, which lasted several hours. However, shortly afterward, he asked to speak with the investigators to share his side of the story. During that second interview, Keats said he understood he was talking to the police on his own free will. He described what happened in the bedroom with his patient and alleged she made an advance and began touching his groin.

Keats told the police he was "not some sick predator" as he described the events that day.

The trial resumes in March. HANTS JOURNAL

Crime. Seven face charges after women assaulted

Seven people have been charged after three women were allegedly assaulted and threatened with knives in Dartmouth.

Halifax Regional Police were called to a business in the 700 block of Windmill Road around 9 p.m. on Sunday.

One of the victims told police she and her friends were assaulted and threatened with knives at the business by a large group of people.

According to a release from police, several suspects were seen fleeing from the area and officers took six people into custody — three men, one woman, a male youth and a fe-

Targeted attack

Halifax Regional Police spokesman Const. Pierre Bourdages said the incident wasn't random and it stemmed from a previous dispute.

male youth.

On Monday, police said charges including assault, assault with a weapon, robbery and forcible confinement were laid against seven people — two men, one woman, three male youths and one female youth.

PHILIP CROUCHER/METRO

Court

Sentencing delayed for man in murder case

A Glace Bay man was due to be sentenced Monday on an accessory to murder charge but the matter has been adjourned until January.

Robert Edwin Matheson, 50, entered his guilty plea during a Supreme Court appearance in September. He also pleaded guilty to a charge of failing to attend to court.

Matheson, who continues

to be on remand, will now be sentenced Jan. 14. Lawyers involved with the case told Justice Patrick Murray they needed some more time to present additional case law to the court.

Matheson pleaded guilty to helping Thomas Ted Barrett, 39, and Morgan James MacNeil, 23, both of Glace Bay, dispose of the body of 21-year-old Laura Catherine Jessome of Bras d'Or.

Both Barrett and MacNeil are facing a charge of second-degree murder.

Jessome's body was found in May 2012 in Marion Bridge. CAPE BRETON POST



Pedestrians cross the road last week in front of Fire Station 13 on King Street in Dartmouth. JEFF HARPER/METRO

Fill staff vacancies, don't close fire stations: Union

Firefighting. Deputy chief says new technology will ensure closest truck to the scene gets the call

Quoted

"Proper fire protection comes at a cost and we can't cut that cost or shrink away from that."

Halifax Professional Firefighters president Jim Gates

The union representing Halifax firefighters is calling on the city to fill more than a dozen vacant positions rather than closing three stations.

The fire service is proposing closing the stations on Lady Hammond Road, King Street and Patton Road, saying it would eliminate overlapping coverage and still provide fire service within the standard five-minute response time.

But Jim Gates of Halifax Professional Firefighters said Monday data from calls suggest total response times could climb to more than seven minutes if the three stations are closed.

"If I'm the officer in charge and I arrive in eight or nine minutes ... I'm not putting firefighters inside the building," he said.

Deputy Chief Roy Hollett said that would be true if every fire crew was in the fire hall in question around the clock,

but he said that's not the case — and in those events, division commanders will move trucks strategically around the city to ensure coverage at all times.

He said the fire service is investing in technology that will allow dispatchers to send calls to whatever crew is actually closest to the scene of the emergency.

"What we're trying to say is, don't focus on the buildings," he said. "It's the fire apparatus, the aerials, the engines that we

want to get to the scene."

Gates said the argument around closing three stations highlights a larger staffing issue, saying 17 firefighter positions currently sit vacant.

Although it could cost between \$4 million and \$5 million to staff those positions, he said, citizens and the city should consider it an investment in a fire service that hasn't grown in 20 years.

Hollett said spending money on new hires should be a last step after existing resources are put to the best use.

"We're closing those stations to make better use of existing officers and avoid the overlap, which is an overuse and overkill of resources," he said. RUTH DAVENPORT/METRO

Bundle of cash discovered in parking lot



Police are seeking the owner of cash lost at the Quinpool Centre parking lot. COLORBOX.COM

Anyone who lost track of a substantial chunk of change over the weekend should check in with Halifax Regional Police.

Const. Pierre Bourdages said someone dropped an item in the parking lot of the Quinpool Centre on Friday, which contained cash.

"It's possibly someone's rent, it could be someone's holiday cash, it could be a number of things," said Bourdages Monday. "But there is someone that's missing a large amount

Get in touch

Anyone with information about the money, or anyone who believes it may belong to them, is asked to contact police at 490-5016.

of money."

Staff at the centre held the item over the weekend and turned it over to police on Sunday when no one had come for-

ward to claim it.

Bourdages said the item doesn't contain anything that would identify the owner.

No specifics on it or the cash inside will be released to the public as it's information that only the rightful owner will have — and they will be asked to provide those specifics to police to get it all back.

Bourdages said police don't believe the money was obtained illicitly.

RUTH DAVENPORT/METRO

Capital spending plan 8% lower in province

Infrastructure. At \$490M, capital budget smallest in seven years

The Nova Scotia government released a slimmed-down capital spending plan Monday, saying it intends to spend \$490 million on highways, schools, hospitals and equipment in 2015-16 — the smallest capital budget in seven years.

As usual, almost 70 per cent of that money will be spent on highways, buildings and land. The remainder will be split between grants for regional health authorities, information technology, vehicles and a contingency fund.

The total amount represents an eight per cent reduction compared to last year's plan and is smaller than every other capital plan since 2008-09. The reduction in planned spending has been spread fairly evenly

among all departments, government officials said.

Finance Minister Diana Whalen said capital spending rocketed up to about \$800 million in 2009-10 when the federal and provincial governments started spending heavily on infrastructure to stimulate the economy as a global recession took hold.

"We are coming back into line," she told a news conference. "We need to bring our spending into line with our resources and what's affordable for Nova Scotia."

However, at \$490 million, the capital budget is still above pre-recession levels of \$300 million to \$400 million.

Government officials said this latest round of spending is expected to add about \$90 million to the province's \$14 billion accumulated debt, now at a record high.

Whalen said it would be unwise to simply slash capital spending to pre-recession levels.

"That means that we'd be



Finance Minister Diana Whalen is shown in this file photo. ANDREW VAUGHAN/THE CANADIAN PRESS

ignoring things that need to be repaired, and we would ultimately end (up) paying more," she said. "We have to be prudent in maintaining the infrastructure."

Tim Houston, the finance critic for the Progressive

Conservative party, said the government must do a better job of reining in operating expenses.

"They're starting to show some spending restraint," he said. "At the same time, departmental spending is

higher than ever and we're running a deficit of over \$200 million ... If they could get control of departmental spending, there would be more money for capital spending."

THE CANADIAN PRESS

Five-year plan

Twinning coming to part of Highway 103

The province released Monday a five-year highway improvement plan for repairing and maintaining the province's 23,000 kilometres of roads and 4,100 bridges.

That document doesn't include a cost estimate for the next five years, but it confirms the province will spend \$220 million on highways and bridges in 2015-16.

A Transport official said a 20-kilometre section of Highway 103 west of Halifax, between exits 5 and 6, is carrying enough daily traffic to justify twinning the highway at an estimated cost of \$3 million per kilometre, though one option could be putting in additional passing lanes.

However, the five-year plan doesn't include any details about twinning, even though the Liberals pledged during the 2013 election campaign to do something about dangerous stretches of the highway.

Finance Minister Diana Whalen said work is underway on an interchange near Ingramport and the plan is to get the federal government to share part of the costs of improving highway safety once a provincial study has been completed in the months ahead.

A similar study on Highway 104 is expected to be completed in February.

THE CANADIAN PRESS

Quoted

"We need to bring our spending into line with our resources and what's affordable for Nova Scotia."

Finance Minister Diana Whalen

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As 2014 goes out of focus, we take a moment to reflect on some key photographic moments of the year. Halifax received a lot of new things, most notably a stunning library with amazing new views and another ferry that was named after one of our fallen soldiers. There were a lot of court cases — readers were shocked to see Victoria Henneberry smiling to the media when she arrived in court to face murder charges. One of our photojournalism interns also snapped a key moment in the Lyle Howe case, moments after he was found guilty of sexual assault. You can find even more of our favourite photos online at metronews.ca.



**JEFF
HARPER**
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1 **New library.** Not a home for dusty tomes

Bruce Gorman, director of Central Library and Regional Services, gives Metro a tour of the soon-to-be-opened Halifax Central Library in November.

2 **Miracle baby.** Life reclaimed

Robin Cyr visits her newborn daughter at the IWK Health Centre. The pair made headlines in March when the baby was declared dead after about 25 minutes, but spontaneously started breathing again.



3 **Saunders murder case.** Accused smiles for the camera

Victoria Henneberry smiles as she arrives at Halifax provincial court in February to face a charge of first-degree murder in the death of Loretta Saunders. Her look drew the ire of many online readers.

4 **Howe sexual-assault case.** When it all comes crashing down

Photojournalism intern Patrick McKenna captured the moment just after high-profile lawyer Lyle Howe was found guilty of sexual assault last May.

Picture this: A look back at 2014



5 **Christopher Stannix ferry.** Memories drift on wind and wave

Balloons are released during the official launch of the new Christopher Stannix ferry last May in Halifax.



6 Cowabunga on Cow Bay.

Wind whips up big waves

A surfer catches a wave in Cow Bay in November. Winds of more than 40 kilometres per hour helped whip up the surf, bringing waves between seven and 11 feet high.

7 Kangaroo Jack. Jumping up and down in excitement

Jack the Red Kangaroo checks out some of his visitors at the Museum of Natural History during his visit to Halifax over March break.



8 Portland Place fire.

Surveying the devastation

Firefighters check for hot spots at a commercial structure on Portland Place in May, the day after a massive fire reduced the building to rubble.



WASTE COLLECTION NOTICE GARBAGE/ORGANICS/RECYCLABLES

Christmas Day

Please be advised that there will be no garbage, organics or recyclables collection services on Christmas Day, Thursday, December 25th, 2014. Collection services for that day will be provided the following Saturday, December 27th. Regular waste collection services will occur on Boxing Day.

Collection Services can begin as early as 7am. To ensure collection please place materials curbside the evening prior to collection day.

No Collection Christmas Day Thursday, December 25th	➔	Collection will occur the following Saturday, December 27th
Otter Lake Facility Closed Thursday, December 25th & Sunday, December 28th	➔	Otter Lake Facility Open Wednesday, December 24th & Wednesday, December 31st, 7am – 6pm
HRM Recycling Plant Closed Thursday, December 25th	➔	HRM Recycling Plant Open December 24th & 26th, 7:30am – 6pm
Household Special Waste Depot Closed Saturday, December 27th	➔	Household Special Waste Depot Open Saturday, December 20th, 9am – 4pm

'A rainy, wet, windy Christmas'

A soggy holiday.

Over 50 millimetres of downpour could be headed our way on Thursday, according to Environment Canada



HELEN PIKE
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It's time to say "snow long" to our last hope for a white Christmas, Halifax.

Environment Canada is calling for heavy rainfall and strong winds building over Christmas Eve and into Christmas Day, according to a special weather statement released Monday.

"We're looking at a rainy, wet, windy Christmas," said meteorologist Linda Libby.

Libby said the rain will likely start about mid-afternoon on Wednesday as light rain showers, before becoming heavier as it moves towards midnight. It should continue as heavy rain on Thursday, it will lighten in

Quoted

"It looks like more of a rain and wind event."

Linda Libby, Environment Canada meteorologist

the afternoon and end just before midnight.

The most rain will likely fall along the southern coast of the province and the Halifax area, Libby said, with more than 50 millimetres in many locations.

Winds are expected to gust with "moderate to strong" force, she said, peaking in the early hours of Christmas Day when "hopefully" many people won't be up and about, although winds are expected to go up and down throughout Christmas Day.

The weather system bringing all this rain is quite large, Libby said, the centre of which is tracking out of the United States and into the Great Lakes and central Quebec.

A trough is extending southeast, Libby said, and will rotate up over the Maritimes.

"If it did the same thing

with snow and wind, we certainly would be remembering this Christmas," Libby said. "Hopefully it doesn't cause any serious problems for anybody in their travels."

But will the North Pole team of Santa Claus and his reindeer have a hard time battling the heavy winds Christmas Eve?

"They're weather conscious there, so they think before they leave," Libby said.

It will likely be a rainfall event for a "good portion" of the Maritimes including Nova Scotia, Prince Edward Island and southern New Brunswick, Libby said, but northern New Brunswick could see mixed snow and ice pellets.

Libby said the highest tides of the year are also expected Tuesday before the rain hits, and the weather statement said strong onshore winds could bring "elevated coastal water levels" and high waves.



A pedestrian passes under the Chebucto Road Rail bridge during a rainstorm last year. JEFF HARPER/METRO

Pro-Line adding world junior hockey championship games

Not only can you now cheer for Team Canada at the world junior hockey championships, you can also make — or lose — money watching them, too.

The Atlantic Lottery Corporation announced on Monday that for the first time ever, they are offering sports wagering through Pro-Line on the World Junior Hockey

Wager on Wednesday

According to the Atlantic Lottery Corporation, wagering on tournament games will begin on Wednesday.

Championship that begin on Boxing Day in Montreal and Toronto.

"World junior hockey draws a lot of Atlantic Canadian viewers and fans. Through Atlantic Lottery we're able to add to the excitement by offering it among our other Pro-Line offerings for those interested in placing wagers," Scott Eagles, senior product manager, sports, said in a release.

METRO

Day-care workers subject to tighter criminal record checks

Nova Scotia's government has brought in new regulations that increase its authority to ensure child-care staff have received criminal record checks before they're allowed to work with children.

Provincial spokesman Gary Andrea says under the old rules, a staff person whose check had lapsed

could continue to work for up to 90 days before they had to comply.

He said under the new rules, no person who lacks the criminal record check will be allowed to continue working in a child care facility until the record is brought up to date.

In addition, the criminal-record check will be

replaced by the vulnerable-sector check in June 2015, and must be renewed every five years.

The vulnerable sector check goes beyond the criminal record check, to include a search of the pardoned sex offender database.

The new rules come into force as of Tuesday.

THE CANADIAN PRESS

TOP SIX @ 6
Weeknights at 6 Kat counts down the HOTTEST songs of the day

- 6 Jessie J ft 2 Chains Burnin' Up
- 5 Meghan Trainor Lips Are Movin'
- 4 Hozier Take Me To Church
- 3 Sam Smith I'm Not The Only One
- 2 Taylor Swift Blank Space
- 1 Nick Jonas Jealous

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Nova Scotia RCMP Sgt. Craig Smith has written a second edition of his book *You Had Better Be White By 6 A.M.* YARMOUTH VANGUARD

RCMP racial diversity at heart of book

You Had Better Be White By 6 A.M., second edition. Officer examines successes, missteps and path forward for organization

Craig Smith doesn't give up on things.

Not when he thinks it is important. And definitely not when he feels it is information that needs to be shared.

He spent five years compiling information for his book *You Had Better Be White By 6 A.M.*

And then he spent another seven years gathering the latest information to include in the second edition of the book, which is now out in print.

Asked what his goals are of this second book, the veteran RCMP officer in Nova Scotia says he wants to pay homage to those individuals — “those early trailblazers” — who opened the doors for African-Canadians such as him to become part of the RCMP organization.

When he wrote the first edition of the book, Smith had said he'd revisit where things were in 20 years' time. But that seemed too far away, he says.

“This one looks at the last seven years. What things have happened within the RCMP, what advancements have been undertaken and in some cases what missteps

... we've taken as well,” he says, as well as examining where there is potential for added growth within the organization.

The timing of his book, while coincidental, is interesting, given recent events that happening in the United States following a grand jury decision not to indict Darren Wilson, a white police officer, in the shooting death of black teenager Michael Brown.

That incident led to widespread protests, as did another incident in which an unarmed black man died after a white police officer reportedly put him in a chokehold. Both incidents have led to public protests in recent months.

“Looking at things that have happened in Ferguson, you still see the disconnect, to a large degree, between the black community and law enforcement,” says Smith.

Still, the RCMP sergeant hopes young people will look at policing as a viable career option.

He also hopes the information contained in the book helps to educate the RCMP.

YARMOUTH VANGUARD

The next generation

“What are we doing as an organization to make sure that we're molding and shaping the next group of racially visible leaders in the organization?”

RCMP Sgt. Craig Smith

Nova Scotia Power warns customers about phone scam involving fake representative

Nova Scotia Power is warning customers about a telephone scam in which a caller poses as a representative of the company and demands money via prepaid credit cards.

In the scam, the caller states that the customer's account is in arrears and the person must immediately pay the balance owing

or the power will be disconnected. The caller directs the person to buy a prepaid credit card and then phone a 1-888 number to make payment.

“These calls are not from Nova Scotia Power,” media spokeswoman Beverly Ware says in a news release. “Nova Scotia Power does not ask for payment via pre-

paid credit cards.”

Halifax Regional Police and the Canadian Anti-Fraud Centre have been alerted to the situation, she said, and any customers who are suspicious about a request for payment are urged to call N.S. Power's Customer Care Centre at 1-800-428-6230.

TRANSCONTINENTAL MEDIA

Don't be fooled

Ware added the power corporation works regularly with customers who owe on their accounts and “disconnection is the last resort after all other options to provide a payment schedule have been pursued.”

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DECEMBER 23 & DECEMBER 24

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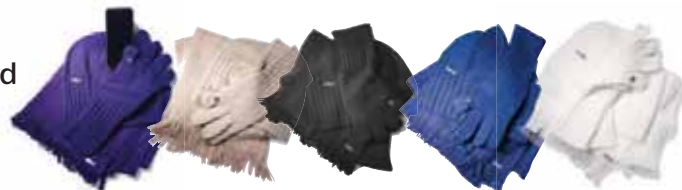
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Election. Justin Trudeau promises to be accessible

Justin Trudeau is promising to scrap Stephen Harper's brand of message discipline if he becomes prime minister, giving more freedom to bureaucrats, ditching the scripts for cabinet ministers and making them and himself more accessible to journalists.

The Liberal leader says Harper's penchant for strictly controlling the flow of information — and the select few who are allowed to sparingly dispense it — has led to an opaque, secretive government that is cut off from the citizens it's supposed to be serving.

A spokesman for Harper thoroughly rejected Trudeau's assertions. However Harper's approach to communications makes for bad decisions and an unhealthy democracy, Trudeau said in a year-end interview that included his most thorough comments to date on what kind of standards he would set for communications.

"First of all, it breaks down the kind of trust that should exist between citizens and their government, whether it's through blocking access to information, an unwillingness to actually share data or evidence



Liberal Leader Justin Trudeau
THE CANADIAN PRESS

justifying various decisions, reliance on talking points," he said.

"(It's) not really that citizens don't trust their government but that we have a government that doesn't trust its citizens, which is something that really makes it difficult to have a government that is truly serving the interests of its citizens."

Moreover, Trudeau said Harper's approach "actually leads to poorer decision-making and an inability to solve the very big challenges that we're facing." THE CANADIAN PRESS

Alleged radicalization

Terrorism-related arrest in Montreal

The father of an allegedly radicalized man who faces a terrorism-related charge will testify at his son's bail hearing in Montreal on Tuesday.

Jeffrey Labelle's father is expected to ask the court to release his 21-year-old son into his custody.

Montreal police say Labelle's family tipped them off last week that he had become radicalized.

They searched his home

on Friday and say they found a map that showed the coordinates of four different police stations. Police say no direct threats were made and that they arrested Labelle as a "preventive" measure.

Labelle was charged under a Criminal Code provision that allows for the arrest of someone who "commits an act that, in all the circumstances, is likely to cause a reasonable apprehension that terrorist activity is occurring or will occur, without believing that such activity is occurring or will occur."

THE CANADIAN PRESS



Canadian teacher jailed in Indonesia set to start trial

Police officers escort child sexual abuse suspect Zainal Abidin, centre, before his trial on Monday at South Jakarta District Court in Jakarta, Indonesia. An Indonesian court has sentenced five janitors to up to eight years in prison over the rape of a kindergartner at a prestigious international school in Indonesia. The janitors' sentences were delivered the day before Canadian teacher Neil Bantleman's trial was set to begin in Jakarta. Bantleman, who is also accused of sexually abusing students at the same school, said he finds the janitors' sentence "devastating," according to his family. He has been in custody since July and has maintained his innocence.

PHOTO: TATAN SYUFLANA/THE CANADIAN PRESS
TEXT: THE CANADIAN PRESS

Releasing electronic data may 'create havoc': Minister

Fear of falsification. Minister Tony Clement says that some electronic data could be altered if released

The Conservative cabinet minister responsible for freedom of information says some federal data cannot be released to the public in electronic format because people might alter it and spread falsehoods.

There's a fear people could "create havoc" by changing the statistical information, said Treasury Board president Tony Clement.

Federal agencies hold a vast

array of data on everything from immigrants held in detention to use of force by RCMP officers. Some researchers have requested data kept in electronic format, only to receive it as a paper printout.

That makes it virtually impossible for the recipient to sort and filter the data to identify patterns and trends.

The Access to Information Act says federal agencies must provide timely access to records in the format requested.

Fred Vallance-Jones, who teaches journalism at the University of King's College in Halifax, said Clement's stance effectively violates the rights of requesters. Vallance-Jones, an associate professor, led a 2014

Quoted

"That's the balancing act that we have to have, that certain files, you don't want the ability to create havoc by making it changeable online."

Treasury Board president Tony Clement, the minister responsible for freedom of information.

freedom-of-information audit for Newspapers Canada that yielded inconsistent responses to requests for data from federal agencies.

The replies included paper only, PDF image files, and data

in electronic format.

Clement's concern about data manipulation is "specious" because, technically speaking, any federal document could be falsified by someone with ill intent, Vallance-Jones said.

Clement has championed growth of the government's online data portal, encouraging federal agencies to disclose data in easily sortable formats.

However, some data sets cannot be released in a spreadsheet or similar electronic format, Clement said.

"What you don't want is to create a file that can be in some way manipulated and altered, and thereby creating a situation of false information," Clement said. THE CANADIAN PRESS



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Immigration. Toronto group aiming to speed up application process



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Metro in Toronto

A Toronto group is leading an effort to speed up immigration applications and put a moratorium on deportations for people with ties to three Western African countries battling Ebola.

About 200 people from across Canada signed a petition calling on swift action on applications for people from Guinea, Sierra Leone and Liberia.

The petition was sent last month to Minister of Immigration Chris Alexander. It specifically mentions permanent resident applications for spouses and common-law partners along with the renewal of things like work permits.

"It's a lot of suffering for people whose spouses are left in this whole Ebola crisis as they wait for the papers to come through," said Amadou Barry.

Barry helped led the effort

with other Guineans living in Toronto. They're part of a group called the Citizen Action Commission.

The petition also asks that Canada waive fees for immigration services and start processing visa applications, which were frozen because of Ebola concerns. Barry, who still has family in Guinea, said the economy in West African countries affected by the outbreak has been at a standstill.

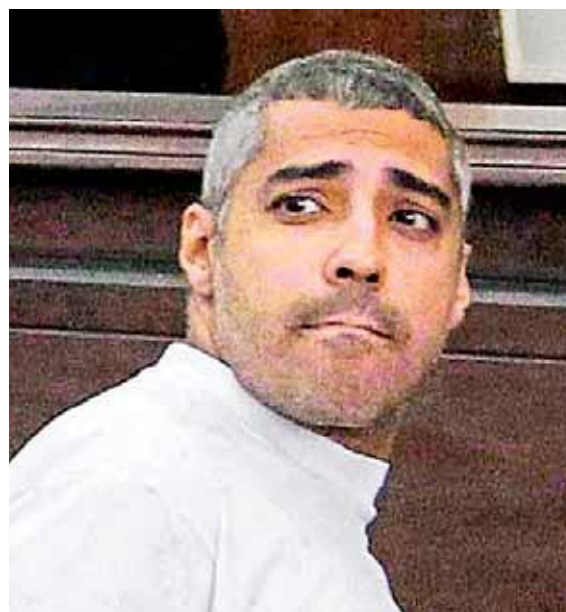
"If some of our people here are not allowed to work and bring help back home, the situation will be even more catastrophic," he said.

The number of Ebola cases confirmed so far is nearing 20,000 with a death toll upwards of 7,000, according to the World Health Organization.

Immigration Canada still advises travellers to avoid non-essential travels to Liberia, Sierra Leone and Guinea.

Calls to the immigration ministry were not immediately returned.

Egyptian-Canadian highlights inner workings of Al Jazeera



Mohammed Fahmy is pictured in a Cairo courtroom on March 31, 2014. Fahmy, an Egyptian-Canadian journalist who has spent the last year in a Cairo prison, sounded the alarm about his network's approach to Egypt's precarious security situation months before he and his colleagues were arrested. HEBA ELKHOLY/EL SHOROUK/THE CANADIAN PRESS

Precarious situation.

Al Jazeera English acting bureau chief was concerned about the organization's legal standing

An Egyptian-Canadian journalist who has spent the last year in a Cairo prison sounded the alarm about his network's approach to Egypt's precarious security situation prior to his and his colleagues' arrest.

Mohamed Fahmy had taken over as acting bureau chief in Cairo for Qatar-based satellite news broadcaster Al Jazeera English in September 2013 when he raised the issue with his bosses.

At the time, Al Jazeera's Arabic channel — Al Jazeera Mubasher Misr — had been barred from broadcasting in Egypt after authorities claimed it was biased towards supporters of the country's ousted former president and accused it of

harming national security.

The Al Jazeera English service was still operating from within the country, although out of a hotel and not its offices, but its legal status was unclear, Fahmy noted.

"I have met with the whole team yesterday on my first day and I am impressed with their attitude and energy considering the pressure they have been dealing with lately on the ground," he wrote in an email to executives at Al Jazeera in Doha, Qatar's capital.

"However, the staff is very concerned where Al Jazeera stands legally and I would like to be able to comfort them at some point regarding their security and well-being."

Fahmy and his colleagues have denied all charges against them, saying they were just doing their jobs but after a trial which was denounced by critics as a sham, the trio were found guilty. Fahmy and Greste were sentenced to seven years in prison, while Mohamed was sentenced to 10 years.

THE CANADIAN PRESS



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Photo: Peter Mather

Nigeria

Car bomb kills at least 20, injures 60

A car bomb exploded Monday at a bus station in Nigeria's northeastern city of Gombe, killing at least 20 people and injuring another 60, said rescue workers.

At least 20 people were "burned beyond recognition by the bomb explosion," and another 60 were hospital-

ized, said Red Cross official Abubakar Yakubu.

The explosion came in the early hours when the station was crowded with holiday travellers, said Deputy Superintendent Fwaje Atajiri.

Atajiri would not speculate over who was responsible though the attack bears all the hallmarks of Nigeria's homegrown Islamic extremist group, Boko Haram.

THE ASSOCIATED PRESS

Lethal injection

Arizona to change execution drugs

Arizona officials said Monday they are changing the drugs they use in executions after an inmate in July gasped repeatedly over the course of nearly two hours while being put to death.

Arizona no longer will use the combination of midazolam, a sedative, and hydro-

morphone, a pain killer, according to a letter to Gov. Jan Brewer from Department of Corrections Director Charles Ryan. The move comes as states have been scrambling to find new combinations of lethal drugs after European pharmaceutical companies restricted their distribution. Several prolonged executions this year have sparked debate over lethal injections in particular and executions in general. THE ASSOCIATED PRESS

Oklahoma

Federal judge upholds lethal injection protocol

Oklahoma's lethal injection protocols are constitutional and the state can proceed with the scheduled executions of four death row inmates early next year, a federal judge ruled on Monday.

U.S. District Judge Stephen Friot denied a request for a preliminary injunction that was requested by a group of 21 Oklahoma death row inmates who argued the use of the sedative midazolam as the first drug in a three-drug combination the state administers risks subjecting them to unconstitutional punishment.

THE ASSOCIATED PRESS

Halt debate until after funerals, N.Y. mayor says

Two officers killed.
Shot inside patrol car

New York's mayor called on Monday for protests and political debate to pause until after funerals are held for the two officers who were shot and killed inside their patrol car this weekend by a man vowing retaliation for the deaths of black men at the hands of white police.

The killings came at a time when police nationwide are being criticized following Eric Garner's death in a New York officer's chokehold and 18-year-old Michael Brown's fatal shooting in Ferguson, Mo. Protests erupted in recent weeks after grand juries declined to charge the officers involved. On Monday, a prosecutor said a white Milwaukee police officer who was fired after he fatally shot a mentally ill black man in April won't face criminal charges.

"I think it's important that regardless of people's viewpoints that everyone step back," Mayor Bill de Blasio said in a speech at the Police

Quoted

"I think it's a time for everyone to put aside political debates, put aside protests, put aside all of the things that we will talk about in all due time."

New York City Mayor Bill de Blasio

Athletic League. "I think it's a time for everyone to put aside political debates, put aside protests, put aside all of the things that we will talk about in all due time."

Officers Wenjian Liu and Rafael Ramos were ambushed Saturday by a 28-year-old who wrote an Instagram post that he would put "wings on pigs." The suspect, Ishmaaiyl Brinsley, was black; the slain New York Police Department officers were Hispanic and Asian.

De Blasio said it was time to focus on the officers' grieving families; he and Police Commissioner William Bratton met with them Monday.

THE ASSOCIATED PRESS



Glasgow garbage truck crashes into, kills six pedestrians

Emergency services attend the scene in George Square in Glasgow, Scotland, after six people were killed and several others injured when a garbage truck crashed into a group of pedestrians downtown Monday. The truck hit a number of pedestrians as it veered out of control along a crowded road in the city centre, Supt. Stewart Carle of Police Scotland said. DANNY LAWSON/THE ASSOCIATED PRESS

North Korea. Country's online access crippled

North Korea experienced sweeping and progressively worse Internet outages extending into Monday, with one computer expert saying the country's online access is "totally down." The White House and the State Department declined to say whether the U.S. government was responsible.

President Barack Obama said Friday the U.S. govern-

ment expected to respond to the hacking of Sony Pictures Entertainment Inc., which he described as an expensive act of "cyber vandalism" that he blamed on North Korea. Obama did not say how the U.S. might respond, and it was not immediately clear if the Internet connectivity problems represented the retribution.

THE ASSOCIATED PRESS

Agenda. UN to address N. Korea's human rights

The UN Security Council placed North Korea's human rights situation on its agenda Monday, a groundbreaking step toward holding the nuclear-armed but poor country and leader Kim Jong Un accountable for alleged crimes against humanity.

This appears to be the first time that any country's human rights situation has been

scheduled for ongoing debate by the UN's most powerful body. China and Russia protested the move, the boldest effort yet to confront Pyongyang over the issue.

An angry North Korea, now on the defensive against a U.S. accusation of hacking, has said it would refuse to recognize Monday's meeting.

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Iraqi TV show forces man convicted of terrorism to face victims and families

'In the Grip of the Law.' The man, convicted in string of Baghdad car bombings, began weeping as cameras rolled

Haider Ali Motar was convicted of terrorism charges about a month ago for helping to carry out a string of Baghdad car bombings on behalf of the Islamic State of Iraq and the Levant (ISIL). Now, the 21-year old is a reluctant cast member in a popular reality TV show.

"In the Grip of the Law," brings convicted terrorists face-to-face with victims in surreal encounters and celebrates the country's beleaguered security forces. The show, produced by state-run Iraqiyya TV, is among dozens of programs, cartoons and musical public service announcements aimed at shoring up support for the troops after

their humiliating defeat last summer at the hands of ISIL, which now controls about a third of the country.

On a chilly, overcast day last week, the crew arrived at the scene of one of the attacks for which Motar was convicted, with a heavily armed escort in eight military pick-up trucks and Humvees. Passing cars clogged the road to watch the drama unfold, but were quickly shooed away by soldiers.

After being pulled from an armoured vehicle, a shackled Motar found himself face-to-face with the seething relatives of the victims of the attack. "Give him to me — I'll tear him to pieces," one of the relatives roared from behind a barrier.

Once the cameras were rolling, the show's host Ahmed Hassan quizzed the shackled prisoner. When Motar was confronted by one of the victims, a young man in a wheelchair who lost his father in one of the attacks, the convict began weeping, as the cameras rolled.



In this photo taken on Dec. 16, 2014, Haider Ali Motar, right, performs a scene from "In the Grip of the Law," a reality show produced by Iraqi state TV in Baghdad, Iraq. Motar was convicted of terrorism charges about a month ago for helping to carry out a string of Baghdad car bombings on behalf of ISIL. HADI MIZBAN/THE ASSOCIATED PRESS

Iraq has seen frequent car bombs and other attacks for over a decade, both before and after the withdrawal of U.S.-led troops at the end of 2011. But the message of the show is that the security forces will bring perpetrators to justice.

"We wanted to produce a

program that offers clear and conclusive evidence, with the complete story, presented and shown to Iraqi audiences," Hassan said. "Through surveillance videos, we show how the accused parked the car, how he blew it up, how he carries out an assassination."

The episodes detail trails of evidence that lead security forces to make arrests.

"We show our audiences the pictures, along with hard evidence, to leave no doubts that this person is a criminal and paying for his crimes," Hassan said.

All of the alleged terrorists are shown confessing to their crimes in one-on-one interviews. Hassan said the episodes are only filmed after the men have confessed to a judge, insisting it is "impossible" that any of them are innocent.

Human rights groups have long expressed concern over airing confessions by prisoners, many of whom have been held incommunicado in secret facilities, citing the justice system as being flawed to the point detainees' rights are routinely violated and they would be uncomfortable to speak freely.

Security officials insist though their message is one of deterrence.

"Many of these terrorists feel a lot of remorse when they see the victims," said the senior intelligence officer overseeing the shoot, who declined to be named since he often works undercover. "When people see that, it makes them think twice about crossing the law."

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U.S. Industry spearheads drone safety campaign

Alarmed by increasing encounters between small drones and manned aircraft, drone industry officials said Monday they are teaming up with the U.S. government and model aircraft hobbyists to launch a safety campaign.

The campaign includes a website — www.knowbeforeyoufly.com — which advises both recreational and commercial drone operators of FAA regulations and how to fly their unmanned aircraft safely. The campaign was announced by Association for Unmanned Vehicle Systems International and the Small UAV Coalition, both industry-trade groups, and the Academy of Model Aeronautics, which represents model air-

Quoted

"In just a few days, kids old and young will unwrap presents, and many of them — maybe tens of thousands — will have unmanned aircraft."

Michael Toscano, president of the unmanned vehicle association, said in a conference call with reporters

craft hobbyists, in partnership with the Federal Aviation Administration.

Retailers say small drones, which are indistinguishable from today's more sophisticated model aircraft, are selling well this Christmas.

THE ASSOCIATED PRESS

Tree, menorah, lights

Tweets control holiday display

Twitter users anywhere in the world can control the lights on a holiday display in New Jersey.

Tweets will turn on a 9-foot Christmas tree, menorah and over 1,000 LED lights at Oxford Communications in Lambertville and also turn them off.

The company says it designed the display with the intention to help charities, towns and businesses to develop awareness and fundraising campaigns.

THE ASSOCIATED PRESS

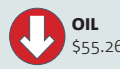
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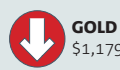
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Mom turns bed-wetting problem into a business

Ottawa. Mother of two invented environmentally-friendly pad that will soon be available on Amazon



An Ottawa mom may have the answer to every new parent's prayers.

Louise Miner invented the Rip n Go, a detachable, waterproof, machine-washable absorbent pad that prevents kids from soaking the bed overnight if they wet.

The environmentally-friendly product is already available for purchase at select Ottawa stores, but it may soon be more widely available as Miner's business is gearing up for wider distribution with retailers such as Amazon.

Miner, a mother of two from the Ottawa suburb of Orleans, came up with the idea after her second child had bed wetting problems. She said her very tired husband one night put a towel down in their daughter's crib to keep it dry, but then she thought there must be a better and safer way.

That's when she designed the Rip n Go, whose best feature is the Velcro seal which keeps the padded sheet in



Louise Miner says her Rip n Go is removable with just one hand and it helps keep her two-year-old's bed dry at night.
JOE LOFARO/METRO

place during sleep. A parent can rip then pad off with one hand and replace it with the fresh one without having to lift the mattress to change soiled bed sheets.

"At three o'clock in the morning, it's the last thing you want (to do)," said Miner.

"It was a huge lifesaver. I wasn't worrying because of something he might do because of his sleep deprivation."

The new company received mentorship support from In-

vest Ottawa, an economic development agency that helps local startups.

Miner also developed a version for kids aged three to nine years old which comes with matching bedding and pillow case.

There is also an adult version with a fitted sheet that remains in place with elastics under the mattress, so only the top pad needs to be replaced.

Miner hails the potty train-

ing abilities of the baby pad, which she used with her two-year-old, Anevey. Instead of using diapers night after night, she used the pad to train her daughter to use the bathroom when she soiled herself.

"Old-school is the way to go. You take the diapers away, the pee goes on your leg, the leg wakes you up, and you start to maintain control and you go to the bathroom or you stop it," she said.



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VOICES

XMAS CARDS AGAINST HUMANITY

It's almost Christmas, and you probably forgot to mail out those cards again, which means right about now your friends are probably getting dancing elves in their inbox



PAUL SULLIVAN
readers@metronews.ca

It's that time of year again.

You know, when you think about sending Christmas cards to friends and loved ones, but as one Canada Post deadline after another sails by, they stay in the box until next year, and they won't get sent then, either.

I'm not exactly sure what keeps them in the box. There are plenty of reasons, even without inertia. And inertia's good enough.

Someone should start Inertia Anonymous.

But Christmas cards are hard work. First, you have to buy them, with all the decisions that implies.

Should they say Merry Christmas and offend friends who aren't Christian, or Happy Holidays and underwhelm everyone, including the non-Christians?

Should they be tasteful or should you go all Thomas Kinkaid, opting for fantasy frost and cozy kitsch and damn the torpedoes?



Should each purchase benefit the world's children?

Should the cards be made of 100 per cent re-chewed pulp?

OK, we've got the cards. Now we have to find actual addresses that require something called "postal codes."

Then we have to decide if we're going to subject everyone to the annual State of Christmas address or just write a cheery greeting followed by the appropriate number of xs and os. (Signing XXXOOO on the bank manager's card is obvious and embarrassing).

Unless all three of your children gradu-

ated this year from Harvard Medical School, you'll be hard-pressed to keep up with the competition, so it's wise just to jot a thoughtful note, such as: "It's been a long time since we got together. Are you still alive?"

Once you've addressed and written the cards, next come the stamps. If you've been out of the snail-mail slow lane for a while, you're in for a shock: The price of stamps has gone up to a buck apiece.

This is a million per cent increase over last year, when it cost 63 cents. If you send out 20 cards, which you will do according to a Canada Post poll, that's \$20 bucks for just being thoughtful.

Of course, the deadline for getting the cards delivered by Christmas expired in

October, which means you and your friends will be exchanging face-saving Christmas cards well into April.

It's enough to make you give up and send images of creepy dancing elves to all your virtual acquaintances via email, Facebook, Twitter, LinkedIn, Instagram and various other stress-inducing electronic bombardments.

But despite all the nonsense that goes with the cardboard artifacts, Britons send a billion a year, Americans 1.4 billion.

And while that number is down from 1.9 billion in 2009, the generation known as Millennials have shown a heart-warming tendency to include Christmas cards along with vinyl records, robust facial hair and artisanal this or that in their quest for the lost authenticity of the ancients. So I will persevere. Starting with the box I bought in 2009, I pledge to send out cards in time for Christmas 2015. HOH OH!

Surviving your family: Booze, Ativan and other tips



REBECCA KOHLER
readers@metronews.ca

Oh man, it's that time of year again: Christmas! Or Hanukkah! Or what ever word it is you use to define "awkward family gathering."

Don't get me wrong, I love Christmas and, for the most part, I love my family. But there's a reason that when I prepare myself a festive beverage people often ask, "Did you want some egg-nog in that bourbon?"

I need that drink to aid in the circumnavigation of uncomfortable questions, buried family tensions and the fact that I'm now wearing a feather boa because my Aunt Lois thought it was, "Perfect for me."

I'm not saying drinking is the answer. Ativan helps too. But if substances aren't your thing, there are other ways to help yourself through the labyrinth of emotional grenades that Christmas day can bring.

For instance, if you're a woman, you may be asked a lot of questions about your womb.

Few win the next-of-kin lottery

If you have a perfect family with no bad breath or passive-aggressive mothers, then I want you to know how lucky you are.

What's it doing? What's it thinking? It must be so dusty in there! First, you need to let these questions/comments roll off your back as if it were covered in baby oil (an oil you'd know more about if you had a baby!).

Remember, it's a common misconception that all women want/can have babies and your family member is just trying to tap into some common ground.

They don't know that you have reproductive issues, or you're single or that you'd rather eat out of a garbage can than have a kid, so don't get mad or uncomfortable, just deflect. Make a joke like, "My womb is thinking what my stomach's thinking: Where's the turkey?!" Everyone will laugh and you'll distract prying eyes from the

fact that you cry yourself to sleep every night with your cat.

Then there's always the "How's work?" question. This one can really be a stinker.

Maybe you don't like your job, or your job (in the eyes of others) is subpar, or maybe — and this is where family gatherings are really tricky — maybe your job is amazing and you're a millionaire and you just got a promotion, but the cousin who asked you about it is on disability because he got his finger stuck in the fryer at McDonald's.

This is a no-win situation. You don't want to rub success in the nose of the unsuccessful and yet any failure you admit to will be gobbled up by your bitter relatives like a fried schadenfreude hors d'oeuvre.

So what to do? You can try something like, "The best part about work is that we're not there right now. Am I right, Cousin Jimmy?" and then pat him on the back. If he persists, feign stomach cramps and run to the bathroom. Diarrhea shuts everyone up.

And then there's just the family. Your great aunt with the breath that smells like a dilapidat-

ed tuna factory. Your weird uncle who always tries to kiss you a little too close to the mouth.

There are the nieces and nephews who are so cute for twenty minutes and then you wish you had some Ambien For Kids. The combination of turkey and wine have left you with the inability to move, yet you're stuck on the couch beside your mother who won't stop commenting on how "Round your face is looking."

By the way, if you have a perfect family with no bad breath or passive-aggressive mothers, then I want you to know how lucky you are. Go to your holiday gatherings and hug your family extra tight, because you must have won the next-of-kin lottery. I'll bet you have perfect teeth too. How nice for you.

For the rest of us, the question is: Why do we do this? Is it for the gifts? The food? Is it for Jesus? Well, call me a sap, but I think it's for love. Because while all of this sounds awful, and all the people I'm going to see make me want to book an emergency appointment with my therapist, I love them. Does that make love sound gross and weird? Yes! And I wouldn't have it any other way.

HAPPY HOLIDAYS!!!!



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Gossip

NED EHRBAR

METRO'S TAKE ON
THE WORLD OF
CELEBRITIES

Mel B ALL PHOTOS GETTY IMAGES

Issues with mom may have led Mel B to mix meds: Source

Whoa. So last week, former Spice Girl Mel B (real name Melanie Brown) missed a taping of the British version of X Factor after heading to the hospital because of stomach pains. But now it turns out that was a bit of a fib.

A source tell Radar Online that Brown "was hospitalized

because she mixed tranquilizers, including Xanax, with alcohol. It was absolutely accidental and not intentional. She wasn't suicidal, but the pressure of being back in London brought a lot of unresolved issues to the surface concerning being estranged from her mother, Andrea,

and the rest of her family."

Dang, source, ease off with the oversharing. You could've just left it at "not intentional." Brown has reportedly been holed up in a London hotel with her daughters since leaving the hospital and has been cleared by doctors to return to the U.S.

Sheen's show gets shelved as 100th episode hits the screen

Last night's Anger Management finale, it turns out, was the series finale. Charlie Sheen's post-Two and a Half Men project is all done, as cast and crew were informed late last week by FX and Lionsgate that the show would not be renewed.

"I am beyond proud of what we accomplished over the course of 100 episodes," Sheen says in a statement. "We created something uniquely special with some of the most talented individuals I have ever had the privilege to work with. My sincere thanks to all for their unwavering love and



Charlie Sheen

support. Here's to the next chapter."

The network brass ap-

parently informed the team Friday, ahead of Monday's 100th episode debut, which certainly put a damper on the celebrations.

The series was kicked off in a unique manner, with Sheen orchestrating a deal with the network where he made 10 episodes and if they liked them, they had to order a minimum of 90 more, instantly triggering a syndication deal and resulting in an often draining production schedule for those involved. Up next for Sheen? Reprising his Ferris Bueller's Day Off character for a cameo on The Goldbergs.

Clooney heads Downton for Christmas

Remember all that talk about George Clooney making an appearance on Downton Abbey? Well, the moment has arrived. Clooney gets in on the action for the series' Christmas comedy bit made for the ITV network's annual charity drive, featuring the hit British show getting the It's a Wonderful Life treatment as Lord Grantham (Hugh Bonneville) frets about how he's ruined the family finances. Absolutely Fabulous star Joanna

Lumley plays his guardian angel, and Clooney pops up as George Oceans Gravity, Marquess of Hollywood, the PDA-happy guy Cora (Elizabeth McGovern) ended up with since Lord Grantham had never been born. Let's just say he might've been onto something.



A plot twist involving prosthetics sees Pitt pounce on the Hannibal exit

Michael Pitt is apparently all done with Hannibal and won't be returning for the show's third season, but that doesn't mark the end of his character, meat-packing magnate Mason Verger. Pitt will be replaced by Across the Universe star Joe Anderson, and hopefully fans won't notice the difference. I mean, he ended Season 2 doing some pretty grisly things to his own face, meaning lots of stomach-turning prosthetics, so it just might work. Sources say Pitt made the decision to leave the show, probably seeing his character's intense facial mutilation as the perfect opportunity to do so. Oh, and



Michael Pitt

Anderson posted a pretty alarming photo of himself in full Verger makeup on the character's Instagram account, so now we kind of see Pitt's point.

Cox loved Beyoncé's Christmas card like XO

Orange is the New Black star Laverne Cox totally wins the relatability award this year for her perfectly measured and understandable reaction to receiving a Christmas card from Beyoncé. I mean, it's a Christmas card from Beyoncé. Cox posted a shot of the signature to Instagram, explaining, "So when I opened this holiday card a few days ago and read 'Love Beyoncé,' I literally fell to the floor. I was on the floor of my apartment.



Laverne Cox

I have witnesses." Don't worry, we believe you.

She also writes, "Thanks Bey for the gift" and includes an image of a sweatshirt emblazoned with Cake by the Pound. It's unclear whether the item is said gift — I mean, it would make sense, right? — but the important thing is I would like to know more about this cake by the pound policy. Where do I sign up?



Steven Tyler, right, and Joe Perry of Aerosmith openly fight with each other, but keep working together. AFP FILE

Same Old Song and Dance for Aerosmith

Feuds and music.

Singer Steven Tyler and guitarist Joe Perry stick together despite their ongoing tensions

The rock music world is notorious for its bickering, but Aerosmith belongs to another category altogether — a band with constant and open tensions that has nonetheless managed to stay together.

The friction between guitarist Joe Perry and singer Steven Tyler shows no signs of mellowing with age, with the two Boston rockers both releasing tell-all books that portray each other in a less than flattering light.

Since his memoir *Rocks* came out in October, Perry says he has only exchanged text messages with his bandmate of 40 years.

"It kind of bounced back and forth a bit. He got about a third of the way through the book and said he liked it, and then I didn't hear from him, but obviously he finished it," Perry told AFP.

Perry said he had fully expected Tyler, who criticized his bandmate in his own book in 2011, to take exception to parts of the memoir that portray the singer as controlling and self-promoting.

Among the allegations, Perry says that Tyler used to make a habit of stealing, and that several years ago he quietly tried out — unsuccessfully

Walk This Way

Aerosmith enjoyed a career renaissance starting in the mid-1980s with songs such as *Janie's Got a Gun*, *Love in an Elevator* and *Dude (Looks Like a Lady)*. The resurgence started through a then unlikely source — the 1986 collaboration *Walk this Way* with Run-DMC, one of the earliest hip-hop groups to enjoy mainstream success. Perry said that the famed producer Rick Rubin persuaded Run-DMC to work with the hard rockers after initial hesitation. "They weren't jumping up and down about this," Perry said of Run-DMC. "They were keen to be getting away from electric guitars, and they were working with a whole different paradigm."

— to sing for a reunited Led Zeppelin. Perry said he knew from the first time they met that he and Tyler had differences, but that they had found a way to work together after splitting in the late 1970s.

"We had to figure out a new dynamic instead of just fighting all the time, to put the personal stuff aside, and let our differences as far as the music go work for us, instead of being a point of contention," Perry said.

Perry isn't sure whether he

and Tyler will ever talk about the guitarist's book. But, Perry said, he expects it will be "business as usual" the next time they meet.

In one difference, Perry said that he never took up the rock 'n' roll lifestyle when it came to sex.

In the book, he recounts once watching Aerosmith's merchandise vendor pour whiskey over a body part he had christened Mr. Important in an unscientific bid to prevent venereal disease.

Perry, raised in a small town in Massachusetts, said he generally stayed with one woman at a time. "That's what I saw when I was growing up and it just seemed natural to me. I didn't really have this need to prove myself, to bring more notches to my pistol so to speak," he said.

"I was the odd man out because I wasn't into that kind of lifestyle. But I was always a loner anyway, so it didn't bother me much."

Perry returns to his family roots on a new solo EP of Christmas songs, performing holiday classics that he enjoyed as a child.

Johnny Depp lent him a studio to record Joe Perry's Merry Christmas and wound up joining on rhythm guitar for a version of Chuck Berry's *Run Run Rudolph*.

Perry said that Depp "really added some flavour" both artistically and by allowing a live recording of the song, as Perry would otherwise have played both guitar parts and mixed them. AFP

Sick of all the Christmas tunes that have been playing since November? Give your ears a break and take in these three tracks instead



SOUND CHECK
Alan Cross
scene@metronews.ca



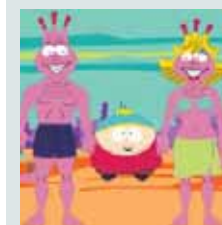
Birth in Reverse/ St. Vincent

Year-end "best-of" lists keep mentioning St. Vincent's self-titled fourth album. This track was released as the first single last December, but given that the album is up for a Grammy, it's getting a new push.



Lampshades on Fire/ Modest Mouse

It's been eight years since the last Modest Mouse record. Put another way, when the last album was released, the iPhone didn't exist. Strangers to Ourselves will be out on March 3.



Sea People/ Sea People

It's something of a niche market, but this Philadelphia band specializes in punk-rock versions of songs we hear on South Park. Remember the episode where Cartman discovered that Sea People were just brine shrimp?

Bruno Domestic Short Hair

Five-year-old Bruno has been living stray for longer than he should have. How very fortunate for him that an observant resident rescued him, providing a loving foster home. For a note of distinction, Bruno is polydactyl and has comically large paws, which add to his appeal. Bruno responds immediately when visitors stop by his kennel and is a seemingly intelligent and compelling fellow who is both interactive and outgoing. Bruno has a presence that cat lovers will certainly appreciate. **All he lacks is a forever home to call his own.... Could it yours?**



For more information on Bruno and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or info@pas.spcans.ca

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METRO IS A PROUD SUPPORTER OF ADOPT AN ANIMAL WITH THE SPCA

The women ruled in 2014

The year 2014 solidified something that's been clear for a few years now: When it comes to pop music, the ladies are killing it. Sure, the men put in a good showing, but when you turn on the radio (or browse through a music streaming service), you're going to hear a lot of females. Here are the women who rocked the pop music world this year

LISA WEIDENFELD AND EMILY LAURENCE
scene@metronews.ca



Beyoncé

Technically, her album came out in December 2013, but it was one of the biggest hits of 2014, giving us all a chance to say "surfbort" to each other and worship at the throne of Queen B. Plus, her new cover of her own Crazy in Love turned the 50 Shades of Grey trailer into something genuinely steamy.

Ariana Grande

It was impossible to escape this pint-sized popstar this year. Her album My Everything generated three top tracks: Problem (featuring Iggy Azalea), Break Free (featuring Zedd) and Love Me Harder (featuring The Weeknd), Grande by far proved that her Nickelodeon days are forever behind her.



Taylor Swift

Taylor Swift's reign continued this year with the mega success of her first strictly pop album, 1989. It debuted at number one on the Billboard charts and her Shake It Off video is one of the most-watched of the year, with more than 356 million views. Her album, plus a massive stadium tour and endorsements helped the 22-year-old earn a cool \$57 million this year.

Miranda Lambert

Being honoured as CMT's artist of the year wasn't the only accolade Miranda Lambert racked up this year. She is also nominated for four Grammys. If she wins, it will be her first time taking one home since 2010. But don't call it a country comeback — her fans have long been supportive of Mrs. Blake Shelton.



Lorde

Eighteen-year-old Lorde went from singer to producer this year, by curating The Hunger Games: Mockingjay — Part 1 soundtrack. Including artists such as CHVRCHES and The Chemical Brothers, as well as releasing her own song Flicker Beat, got her respect from critics and teen fans alike.



Five guys who also had pretty good years

The year wasn't all Beyoncé and Iggy Azalea songs. Women may have dominated the music scene, but a few good men had their share of success, too. Here are the top five:

Childish Gambino

What started as a cult following transformed into mass appeal this year for rapper (and Community actor) Childish Gambino, who got a Grammy nod for his song, 3005.

Nick Jonas

This was the year Nick Jonas officially became a man — at least in the public's eye. Unlike brother Joe Jonas (whose solo career flopped) Nick is garnering success with his hit Jealous, which reached No. 8 on Billboard and generated 14 million views on YouTube.

Pharrell

If Happy seems like the most-played song of the year, it was. It held the top spot on the charts longer than any other song this year. No wonder he's up for four Grammys.



Sam Smith GETTY IMAGES

Sam Smith

Sam Smith was another of 2014's newly minted stars, with his heartbreaker Stay with Me filling the Adele-shaped hole in our hearts (for now). Just how successful is he? He popped up in pictures from Taylor Swift's 25th birthday party alongside Jay Z, Beyoncé, and the rest of Swift's posse.

Ed Sheeran

The British crooner can do no wrong these days. 2014 saw him release both Sing and Thinking Out Loud, as well as contribute to the Fault in Our Stars soundtrack and win an MTV Video Music Award for the video for Sing. **METRO**



Tove Lo

Sometimes, singing about sex clubs and getting high can pay off. It did for Swedish singer Tove Lo, who broke it big in the States this year with her song, Habits (Stay High), which reached No. 3 on the Billboard charts.

Charli XCX

The Dec. 14 SNL musical guest has been around for a few years, penning 2012's megahit I Love It for Icona Pop. But this year saw her breakthrough on her own, with Boom Clap on the Fault in Our Stars soundtrack — a must-have for bookish teens everywhere.



Iggy Azalea

The Florida-by-way-of-Australia rapper had one of the biggest breakthrough years in memory, teaming up with Charli XCX for Fancy and Ariana Grande for Problem. She also claimed a piece of history: She's the only act other than the Beatles to have her first two Billboard hits rank 1 and 2.



Nicki Minaj

If you've gotten Anaconda out of your head even once since you first heard it, we'd be surprised. Minaj scored another huge hit with this track, as well as garnering tons of hits for the sexy/funny music video co-starring Drake. The video set a Vevo record for the most views in its first 24 hours online, with 19.6 million hits.

St. Vincent

Singer St. Vincent has come a long way from her time as a member of the Polyphonic Spree. After her much-loved team-up with David Byrne in 2012, she came back with 2014's eponymously titled St. Vincent, perhaps her biggest success yet. The album ended up with a Grammy nomination for Best Alternative Music Album.



Let's all eat, drink and be healthy

Tips. How to enjoy all the yuletide offerings without paying for it in the New Year

There will be a lot of overeating over the holidays.

There are all those high-cal foods that family traditions link to holiday celebrations. Eggnog (cream plus eggs plus sugar plus alcohol). Mashed potatoes whipped with cream cheese and plenty of butter. Gravy. So much gravy.

Given that the holidays are a season of excess and traditional holiday foods are highly calorific, we asked dietary experts how to contain the damage. Specifically: If there is one thing to cut out to make the feasting less excessive, what should it be?

Surprisingly, several of our experts did not advise eliminating a particular food. And a number didn't even frown on the idea of seasonal indulgence. But they did offer some suggestions to contain the calories.

"I'd say that if overeating is ever allowed, that it is allowed for the major festivities that occur a few times a year — provided food intake is controlled the rest of the time," says Thomas Wolever, a professor in University of Toronto's department of nutritional sciences.

Wolever says overeating by 2,500 calories — in other words, doubling an average daily intake — on three days a year can be offset by cutting back 20 calories per day for the other 362 days.

Len Piche suggests focusing on portions and finding low-calorie options.

Savour foods slowly, using smaller servings on smaller plates to help limit the cal-



When you sit down for Christmas dinner, there's a few easy ways to keep it healthy. ISTOCK

ories, says Piche, a nutrition professor at Western University's Brescia University College.

Drink water before a meal. Don't skip breakfast or lunch to focus on a big dinner.

"Trying to 'save yourself' for big meals by skipping meals earlier in the day might backfire. You may develop a ravenous appetite and end up eating more calories than you normally would," Piche says.

Rena Mendelson, a professor of nutrition at Ryerson University in Toronto, also offers some tips that might help you control your calorie intake better at a big holiday meal.

"Before you go to a holiday party, have a bowl of soup and avoid any of the pre-meal treats as they tend to be very high in calories," she says.

Go ahead and indulge

"A weight management program will not be set back by indulging a few times a year — provided discipline is maintained most of the time."

Thomas Wolever, a professor in University of Toronto's department of nutritional sciences

"Eat the main meal and have enough to feel satisfied but not overfed. This may help to limit the dessert course..."

Watch your liquid calories, suggests Dr. Yoni Freedhoff, a professor of obesity medicine at the University of Ottawa.

"If I were to pick one thing to ditch, it would be the sweet stuff as many a home has the tradition of sugary soda for festive meals," he says.

One dietary expert did recommend a food item to cut. And Dr. David Jenkins acknow-

ledges his nomination may qualify him for the role of the Grinch. Jenkins suggests cutting whatever the main meat dish is in your holiday dinner.

It's not that Jenkins thinks it's the least healthy. It's that pulling out the linchpin, so to speak, would fundamentally change our approach to the meal. He thinks with the planet's expanding population, climate change and the obesity epidemic, it's time to start thinking about eating in a more sustainable way.

"It would be a radical change in the 'sit-down-and-gorge' concept that's the centre of Christmas," says Jenkins, a researcher at Toronto's St. Michael's Hospital who studies the effects on cholesterol and health of eating more plant-based foods and fewer processed food products.

"It forces people to think about other options," he says of his recommendation. "They may think, hopefully, of more environmentally friendly options. They may think of more plant-based diets."

"They may, in fact, forgo a large meal and do some snowboarding. ... I think that we've got to start thinking about other things at Christmas than sitting down and getting comfort food."

THE CANADIAN PRESS

How ibuprofen may extend your life



The lifespan of the species in the study, which used ibuprofen, increased by 15 per cent. AFP

An over-the-counter pain-relieving and fever-reducing drug could lead to a longer and healthier life for many species and possibly humans, too, according to a new study at Texas A&M University (TAMU).

"We first used baker's yeast, which is an established aging model, and noticed that the yeast treated with ibuprofen lived longer," says lead author Dr. Michael Polymenis, a biochemist at TAMU's AgriLife Research station. "Then we tried the same process with worms and flies and saw the same ex-

tended lifespan. Plus, these organisms not only lived longer, but also appeared healthy."

The yeast, worms and flies were treated with ibuprofen at doses proportionally comparable to the recommended dose for humans and increased their lifespan by 15 per cent.

If human lifespans increased by that amount, it would add an extra dozen years of healthy living, according to Dr. Polymenis, who says his experiments on worms indicate good health would be part of the package. Measurements

of worms' thrashing and the pumping movements they made while swallowing under treatment indicated they were thriving in their extra years and not suffering.

Over the course of the three-year study, Dr. Polymenis observed that ibuprofen hinders the ability of yeast cells to pick up an essential amino acid found in every cell of every organism called tryptophan.

Less tryptophan being dissolved into yeast appears to make a difference, but Dr. Polymenis said he isn't sure why.

Drugs other than ibuprofen are working, too, according to Dr. Brian Kennedy, the president and CEO of the Buck Institute for Research on Aging in Novato, California, who collaborated with Dr. Polymenis.

"Our institute is interested in finding out why people get sick when they get old," says Dr. Kennedy.

"We think that by understanding those processes, we can intervene and find ways to extend human health span, keeping people healthier longer and slowing down aging. AFP

3
LIFE

Get ready for the main holiday event

Roast Turkey with Caramelized Onion and Thyme Jus. If you're looking for a new flavour for the big bird, try this combo

Check the label of your bird for weight to calculate roasting time properly. Cooking the bird unstuffed gives you control over the moistness of the breast. To be safe when cooking a stuffed bird, get the centre of the stuffing to 165 F (74 C), or you might end up with overcooked white meat.

1. Preheat oven (10 to 20 minutes) to 325 F (160 C).

2. In large frying pan, heat oil over medium-high; cook onions, whole garlic cloves, thyme and sage sprigs, and half each of the salt and pepper for 6 to 8 minutes, stirring frequently, or until onions are golden and softened. Transfer to plate; cool.

3. In bowl using a wooden spoon, cream together butter, chopped sage and thyme, chopped garlic, and remaining salt and pepper. Transfer 2 tbsp (25 ml) of mixture to a small bowl; set aside. Stir Dijon into remaining mixture.

4. Remove turkey neck and place in bottom of roasting pan. Pat turkey very dry inside and out with paper towel. Brush entire surface of turkey with Dijon herb butter, placing some under skin of breast as well.



This recipe serves 15. PRESIDENT'S CHOICE

Place one-third of onion mixture into cavity of bird. Truss bird to tuck in legs and wings. Place turkey directly in roasting pan, breast side up, and arrange remaining onion mixture in pan around bird. Cover loosely

with foil.

5. Place roasting pan in bottom third of oven. Roast for 20 minutes. Add 2 cups (500 ml) water to the pan. Roast for 18 minutes per lb (500 g) or until meat

thermometer inserted at thickest part of thigh reads 185 F (85 C). Remove foil for last half-hour of cooking to allow skin to brown and crisp. Remove from oven. Carefully transfer turkey to a wire rack set over

a rimmed baking sheet. Tent with foil. Let stand for 20 minutes before carving.

6. Meanwhile, remove neck from pan and set aside. Carefully strain pan juices into a large

Ingredients

- 2 tbsp (25 ml) canola oil
- 2 large onions, peeled and cut in thin wedges
- 10 cloves garlic, peeled
- 4 each sprigs sage and thyme
- 2 tsp (10 ml) salt
- 1-1/2 tsp (7 ml) freshly ground black pepper
- 2/3 cup (150 ml) PC Country Churned Butter - Unsalted, softened
- 1 tbsp (15 ml) each chopped fresh sage and thyme
- 1 tbsp (15 ml) finely chopped garlic
- 1 tbsp (15 ml) Dijon mustard
- 1 PC Free From Whole Turkey, about 6.2 kg, thawed
- 1/4 cup (50 ml) dry white wine
- 2 tbsp (25 ml) all-purpose flour

glass measuring cup; let stand a minute to allow the fat to rise to the top. Discard solids in sieve. Spoon as much of the fat away from strained drippings as possible.

7. Set roasting pan over medium heat. Pour in wine; whisk briskly to get up browned bits on bottom of pan. Once reduced by half, return strained juices and neck to roasting pan. Add juices from under turkey and bring to a simmer. Stir flour into the reserved herb butter; a bit at a time, whisk into simmering turkey jus. Once all butter is whisked into jus, simmer for 3 to 4 minutes or until thickened. Discard neck. Strain again if needed. Pour into a gravy boat and serve alongside carved turkey. **PRESIDENT'S CHOICE**

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Give leftovers new life

Ingredients

- Salad**
- 1/2 head napa cabbage, thinly sliced
 - 2 scallions, chopped
 - 1 medium carrot, grated (about 3/4 cup)
 - 2 cups cubed cooked turkey (or chicken)
 - 1/4 cup chopped fresh cilantro
 - 1 oz low-fat baked tortilla chips, lightly crushed
 - 1/4 cup chopped peanuts
- Dressing**
- 1 tbsp Dijon mustard
 - 2 tbsp reduced-sodium soy sauce
 - 2 tbsp unseasoned rice vinegar
 - Juice of 1/2 lime (about 1 tbsp)
 - 1 tsp hot sauce
 - 3 tbsp vegetable oil
 - 1 tbsp grated fresh ginger

In this Turkey and Napa Cabbage Salad with Lime-ginger Vinaigrette, I take the taste buds someplace decidedly un-Christmas-y.

I lean toward the anti-feast by making a salad with crunchy veggies. Also, I completely change the flavour profile by bringing in ginger and lime, which feels more Asian-inspired.

1. In a serving bowl, layer the cabbage, scallions, carrot, turkey, cilantro, tortilla chips and peanuts. Set aside.

2. To make the dressing, in a small bowl whisk together the mustard, soy sauce, rice vinegar, lime juice and hot sauce until smooth. Add a tablespoon or 2 of water if too thick. Slowly whisk in the



Serves four. MATTHEW MEAD/AP

oil until well-blended and the dressing is uniform. Add the ginger and whisk until incorporated. When ready to serve, drizzle the dressing over the salad, then toss well. **THE ASSOCIATED PRESS/FOOD NETWORK STAR MELISSA D'ARABIAN, AN EXPERT ON HEALTHY EATING ON A BUDGET AND AUTHOR OF SUPERMARKET HEALTHY**

NHL mumps outbreak

Penguins sit out two more players

The Pittsburgh Penguins just can't seem to shake off the mumps.

Backup goaltender Thomas Greiss and forwards Brandon Sutter and Steve Downie were sent home on Monday to undergo testing for the virus.

Teammates Sidney Crosby, Beau Bennett and Olli Maatta have already dealt with the illness, which has affected more than a dozen players across the league over the past month.

THE ASSOCIATED PRESS

Premier League

Terry scores in 2-0 win over Stoke

John Terry scored his first league goal of the season to help Chelsea beat Stoke 2-0 Monday and restore its three-point lead atop the Premier League.

Terry put his side ahead in just the second minute with a powerful header from a corner, and Cesc Fabregas doubled the lead in the 78th to make sure Chelsea re-established the gap on second-place Manchester City. THE ASSOCIATED PRESS

Transfer

Henry cleared for West Ham move

Doneil Henry is about to join the select list of Canadians to play in England's Premier League.

The 21-year-old former Toronto FC defender from Brampton, Ont., had his work permit approved Monday, paving the way for a move to West Ham United.

"Absolutely fantastic news for Doneil," said former Toronto FC manager Ryan Nelsen, who recommended Henry to West Ham boss Sam Allardyce.

THE CANADIAN PRESS

NBA

"There could be an argument, and a strong argument, to starting our season later."



ABC's NBA analyst Jeff Van Gundy explaining that starting the NBA season on Christmas Day would "avoid a lot of the NFL and college football season." Football is quiet on Christmas, so the NBA loads up with a five-game schedule.



Capitals stretch point streak to nine games

Capitals defenceman Brooks Orpik, left, drives Senators forward Erik Condra into the boards on Monday night in Washington. Braden Holtby made 38 saves, Jay Beagle and Nicklas Backstrom scored second-period goals, and the Capitals extended their point streak to nine games with a 2-1 win. Washington has won three in a row and is 7-0-2 in its past nine games. ALEX BRANDON/THE ASSOCIATED PRESS

Bulls run wild over Raps in 4th quarter

NBA. Chicago scores franchise-record 49 points in final frame to snap Toronto's 6-game winning streak



Bulls guard Derrick Rose shoots over Raptors Amir Johnson, right, and Terrence Ross on Monday in Chicago. CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

It was a night that gave Dwane Casey a chance to say "I told you so" and a night he can use as a learning opportunity as the NBA season goes on and on.

The Raptors coach can point to the repeated times he's said that his team has been playing with fire with a modicum of attention to defence and toss a game here out as prime example.

Playing the style that might beat bad teams but get you beaten by good ones, the Raptors coughed up a 129-120 decision to the Chicago Bulls, heading off into the Christmas break with much to contemplate.

The Bulls shot 54 per cent

from the field, the Raptors fouled too often and didn't rebound particularly well and their six-game winning streak was snapped by a legitimately bad defensive effort.

Chicago's outstanding

backcourt of Derrick Rose and Jimmy Butler dominated, Rose had 15 of his 29 points in a wondrous fourth quarter while Butler had 27 to go along with a game-high 11 rebounds. The Bulls set a fran-

On Monday

129	120
Bulls	Raptors

chise record with 49 points in the fourth quarter.

Kyle Lowry tried to match Rose's output, finishing with 34 points but he and his teammates just couldn't string together enough defensive stops to hold off the Bulls.

Jonas Valanciunas, on a night when he set a career-high with 18 field goal attempts, had 20 points for Toronto and Terrence Ross had 17.

The Raptor bench, however, struggled. Patrick Patterson had 12 points and Lou Williams 12 but Greivis Vasquez was ineffective, missing six of the seven shots he took. TORSTAR NEWS SERVICE

Sens rookie Lazar named captain of Canadian juniors

“Very honoured”. B.C. centre regarded as an upbeat competitor

Curtis Lazar has every reason to be smiling.

The always good-humoured Ottawa Senators rookie on Monday was named captain of Canada's junior hockey team for the upcoming world championship in Toronto and Montreal.

“I'm very honoured to have this opportunity, and I'm going to take full advantage of it and go out there and play hard for my country,” Lazar told reporters at a hockey charity event in Montreal. “I know there's a lot of responsibility that comes

along with this, but I'm just going to try to take it in stride and be myself.”

Canada's coaching staff gave Lazar the news Monday morning, shortly after the team arrived in Montreal from Ottawa, where Canada beat Sweden 5-2 in an exhibition game on Sunday. True to character, the Salmon Arm, B.C., native was grinning from ear to ear when he was told.

“As usual, I was smiling,” said the 19-year-old, who was drafted 17th overall by the Senators in 2013. “It's pretty cool. I didn't know it was coming. Anyone could have it. I'm very honoured that my peers and my coaching staff think very highly of me.

“I'm a pretty positive guy for the most part. I'm always smiling and trying to keep the guys light. I like to lead by example. I really focus on little details, and I think that goes a long way.

“I want unity within the dressing room. Regardless of where you're from in Canada, we're part of a team now. No one is bigger than the team.”

Lazar, who has a goal and six assists in 27 games with Ottawa this season, was lent to Canada by the Senators last week. He is one of seven returning players from last year's tournament in Malmo, Sweden, where Canada finished fourth.

One year later, Lazar is



Curtis Lazar speaks during a team availability in Montreal, Monday. Lazar has been named captain of Canada's national junior hockey team.
GRAHAM HUGHES/THE CANADIAN PRESS

Quoted



“They're great young men, they want to win, they're

great hockey players and they want to make a difference. This is what you need in your leadership group.”

Team Canada head coach Benoit Groulx on captain Curtis Lazar and alternates Connor McDavid and Sam Reinhart

thinking of redemption.

“I was disappointed with how we played last year and the result we got,” he said, looking back on Canada's semifinal loss against Finland,

and the defeat to Russia in the bronze-medal game. “Second chances don't come around too often. We're fortunate to have this chance.”

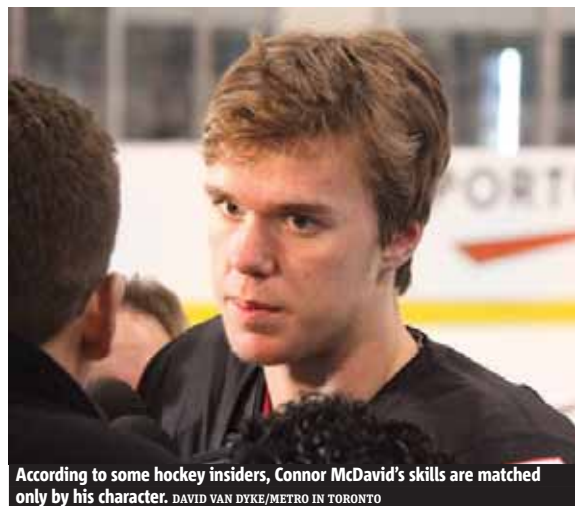
Connor McDavid of the Erie

Otters and Sam Reinhart of the Kootenay Ice will serve as alternate captains for the tournament, which officially gets underway on Dec. 26.

McDavid and Reinhart also

represented Canada at the 2014 junior championship and were teammates at the 2013 under-18 world championship, where the Canadians won the gold medal. **THE CANADIAN PRESS**

Next big thing gets top marks for his character



According to some hockey insiders, Connor McDavid's skills are matched only by his character. DAVID VAN DYKE/METRO IN TORONTO

Will Connor McDavid be better than Sidney Crosby? Could he possibly be better than Wayne Gretzky?

While the hockey world is having that debate now with the world junior hockey championship coming up, these questions weren't what preoccupied Mark Seidel two years ago in Drummondville, Que. The veteran scout was entranced by the coming and goings of a 15-year-old McDavid playing at the world under-17s.

Anyone and his grandmother could see how special McDavid's on-ice talents were, but it wasn't what he did on the ice that had Seidel transfixed. It was off the ice where McDavid's stature grew in the scout's eyes — how the phe-

nom interacted with young fans, some in wheelchairs.

“Body language is a big thing with me,” says Seidel, a talent evaluator for nearly two decades. “I like to see how people interact to see if they're legit or whether they're coached up, or what they are like when the cameras are off.”

What he saw from McDavid, who was talking and playing with developmentally delayed kids, impressed him.

“You could see he genuinely enjoyed interacting with young kids,” Seidel adds. “He was just a guy. He wasn't looking for cameras. You got the sense that he really enjoyed being there. He wasn't doing it because he thought he should or it was his duty. It was just

Earning respect

As for that November fight that left McDavid with a broken hand, well, the anti-fighting crowd didn't like it, but within hockey circles it earned the Otters star high marks.

- “He's a guy that will solve his own problems,” talent evaluator Mark Seidel says. “He's not looking at the bench for help. He's not a self-entitled kid.”

the right thing to do.”

That, more than his play, is the story of McDavid.

Sure, the 17-year-old for-

ward will be the centrepiece of Canada's offence at the world juniors, starting Boxing Day in Montreal and Toronto. Sure, he'll likely be the No. 1 pick for some lucky NHL team, a face of the franchise and cornerstone to build on. But it's the combination of hockey skill and character — unselfish, humble — that draws comparisons to Crosby and even Gretzky.

“I've had a lot of players with a lot of ability that I wish had more character,” says Sherry Bassin, GM and owner of McDavid's OHL club, the Erie Otters, “and I've had a lot of players with a lot of character that I wish had more ability. You put them both together, you get Connor McDavid.”

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You'll be inundated with coverage of the Connor McDavids, Jack Eichels and Curtis Lazars of the world juniors for the next couple weeks, but who should you watch for when the best of the best aren't on the ice? Here a few up-and-comers you might want to keep an eye on when the tournament starts Boxing Day.



**CAM
TUCKER**
Metro in Vancouver

1



STEVE RUSSELL/TORSTAR NEWS SERVICE

Max Domi, forward, Canada

Max Domi, like his father Tie, isn't the biggest guy on the ice. But he's possessed an ability to produce offensively throughout his entire junior hockey career with the London Knights. He's also formed instant chemistry playing on a line with Anthony Duclair, who has appeared in 18 games for the NHL's New York Rangers this season. Early in the pre-tournament games, those two players have arguably been Canada's best up front.

5

Dark-horse players to watch at the WJC

Kasper Kapanen, forward, Finland

Drafted 22nd overall by the Pittsburgh Penguins in June's NHL draft, Kasper Kapanen, the son of former NHL forward Sami Kapanen, has represented Finland before on the international stage, but never in the world junior championship. He missed that opportunity in 2014 due to injury. The Finns are the defending gold-medal champs, but are expected to be led offensively by Kapanen, who is having a breakout year in SM liiga.



BRUCE BENNETT/
GETTY IMAGES

Mirco Mueller, defenceman, Switzerland

The Swiss may not garner much attention in this tournament. But they do have a defenceman with NHL experience in Mirco Mueller, who has played in 24 games with the San Jose Sharks. Like his team, Mueller, taken 18th overall in 2013, might not be as well-known because of the country he plays for, and there's plenty more talent in this tournament. He's had international experience before, with three points in five games at a U-18 competition.



CHRISTIAN PETERSEN/GETTY IMAGES

NATHAN DENETTE/THE CANADIAN PRESS



Ilya Sorokin, goalie, Russia

Not sure if he counts as an unknown figure in this tournament after the pre-tournament performance he had against Team Canada, but Russian goalie Ilya Sorokin joined the Russian camp from the KHL. Drafted in the third round by the New York Islanders, he was not among the goaltenders for Russia at last year's tournament. Though if he plays like he did in a 52-save effort against Canada last week, it will be difficult to beat the Russians.

Thatcher Demko, goalie, United States

Thatcher Demko didn't get the chance to play in a game for the U.S. junior team in last year's competition, but he could certainly challenge for the starting role in 2015. Drafted in the second round by the Vancouver Canucks, he stopped all 14 shots faced in the opening half of the first pre-tournament game for the Americans. Many eyes will be on Jack Eichel, who could go first overall next June. Strong goaltending could make the U.S. a golden contender.



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AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

Aries

March 21 - April 20

Saturn's influence over the next few days will encourage you to think before you act. If you are going to be ruthless, be ruthless with yourself.

Taurus

April 21 - May 21

Try not to scatter your energy in too many directions because it's unlikely you will be able to maintain the pace. Focus on the one thing that matters most to you.

Gemini

May 22 - June 21

The changes that take place over the next few days will work in your favour in the long term. If you take a risk it may well pay off but don't expect instant profit or pleasure.

Cancer

June 22 - July 23

If someone tries to interfere in your personal affairs you must let them know you're not having it. Sometimes you have to act tough from the start and this is one of those times.

Leo

July 24 - Aug. 23

A breakthrough is about to occur. Your rivals may say you have been lucky but you just worked harder than they did.

Virgo

Aug. 24 - Sept. 23

There is so much you want to accomplish but if you are smart you will set realistic goals, both for this week and for the new year. Take each day as it comes.

Libra

Sept. 24 - Oct. 23

Don't worry if others poke holes in your plans. You don't need anyone's permission to follow your dreams. Go it alone if you have to.

Scorpio

Oct. 24 - Nov. 22

Travel and social activities will be fun over the holidays but the ride won't always be smooth. Plan ahead and give yourself plenty of time.

Sagittarius

Nov. 23 - Dec. 21

Saturn's move into your sign marks the start of a two-year phase that will test you. The good news is you can handle whatever life throws at you.

Capricorn

Dec. 22 - Jan. 20

The tougher the task the more you like it but with Saturn moving into the most sensitive area of your chart those tasks won't always be physical. Get your head together and everything else will fall into place.

Aquarius

Jan. 21 - Feb. 19

Don't let others pressure you into accepting an offer you have no way of knowing is right for you. It could mean a lot more work for little return.

Pisces

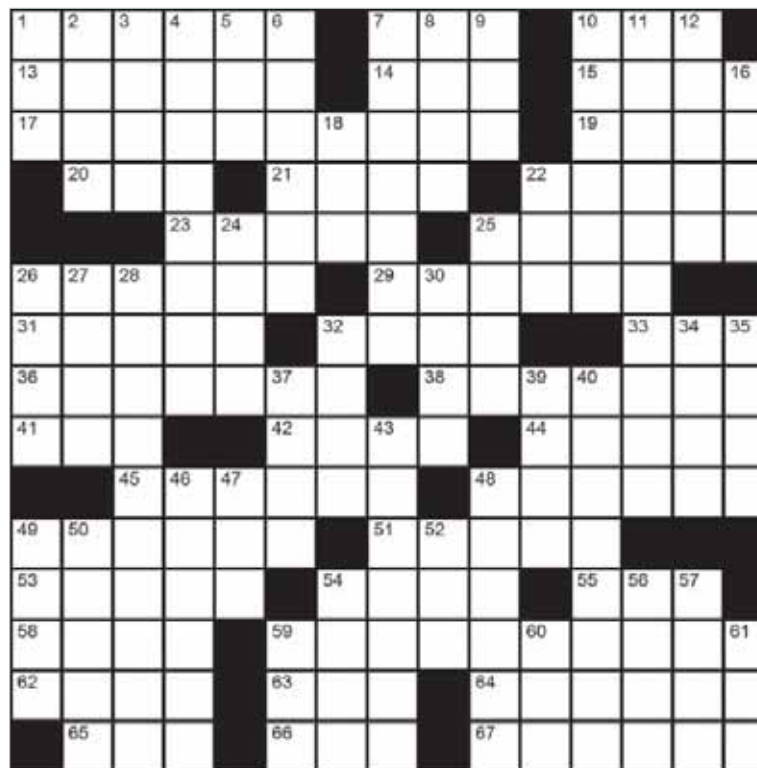
Feb. 20 - March 20

If you find it hard to discuss things in a civilized manner with certain people then the best thing to do is to stay out of their way.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Canadian voicer of Rudolph in 1964 TV classic "Rudolph the Red-Nosed Reindeer", ___ Mae Richards (b.1921 - d.2010)
7. Big name in trucks
10. AOL exchanges
13. "Christmas Is Coming" bit: "Please put a penny in ___ man's hat."
14. Hawaii's Mauna ___
15. Orchestra instrument
17. #1-Across... King Moonracer is a what? 2 wds.
19. Norway's capital
20. Tic-___Toe
21. Superlative suffix
22. More abundant
23. "___ we all?"
25. Cherry: French
26. Applied lightly
29. Shoe-lace-insertion spot
31. "Must Be Santa" part: "Who wears boots and ___ of red..."
32. Singleton
33. Audi models
36. Far: 2 wds.
38. Crafty Christmas garland material
41. Ship's stern
42. Taken: French
44. Level
45. Resident of The Buckeye State
48. Christmas sleigh



- pullers
49. Actor Ed's
 51. Mr. Desman, Canadian singer
 53. Category
 54. Adjective's friend
 55. Bother
 58. Speck

59. Festive season exchange: 2 wds.
62. Fragrant flower
63. Wood sorrel
64. Evangeline's home
65. Comedian Tina
66. Atop, in verse
67. Rents again

Down

1. Texter's 'incident-ally'
2. "___ the jack-pot!!!"
3. Ms. Horne
4. Rustic place in the country: 2 wds.

5. 'Percent' suffix
6. Whirled in the water
7. Sparkle like tinsel
8. ___ point
9. Tin
10. Ivory: French
11. Domain of

#17-Across, Island of

12. #1-Across... Toronto-born actor who is #46-Down's voice, Paul ___
16. Legend
18. Mr. Dykstra
22. Faith [abbr.]
24. Network of nerves
25. Mackerel variety
26. Mr. Carvey
27. ___ yet (So far)
28. Frosty the Snowman feature: 2 wds.
30. Slangy positives
32. Scot's 'odd'
34. Christmas ___
35. Grads-to-be, briefly
37. Blood type, ___.
39. Snow remover
40. Festival, as in Wintertime
43. To an extent: 3 wds.
46. As per #12-Down... Elf who wants to be a dentist
47. Pique
48. Airplane garage
49. Culture medium
50. ___ Christmas plates
52. Beach structure
54. Naughty or ___
56. Christmas carol: "Sleigh ___"
57. Make a scarf
59. Gunk
60. Frozen pond surface
61. Tank filling

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

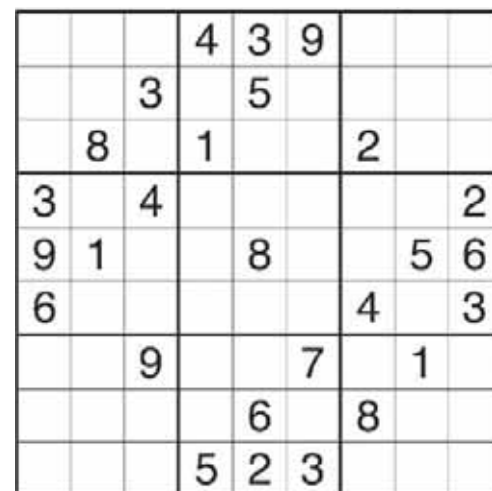


Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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